



Energy Metabolism and Nutrition Related to Sports

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Message from the Guest Editor

Dear colleagues,

When exercising, skeletal muscles require more ATP than when the body is at rest. The intramuscular ATP concentration is very low (~5 mmol/kg) and one can only perform a few seconds of intense exercise, such as sprinting. Therefore, the resynthesis of ATP is necessary. Phosphoric acid and glycolysis systems provide the most ATP in ball games and field sports that require intermittent high-intensity activity, while oxidative phosphorylation is used in endurance sports. However, the regulation of these energy transfer systems is not fully understood.

Energy metabolism is affected by the nutrients expended by training, metabolism, and exercise. The role of organs in the system's energy metabolism during exercise is also an interesting question.

This special issue features cutting-edge papers on energy metabolism during sports events or exercise. Significant findings related to energy metabolism were also acceptable provided that the study did not directly examine metabolic parameters. Systematic reviews, meta-analyses, case reports, and original studies are available for submission to this issue.





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